Protocol for First Responders

Exposed – Asymptomatic

- 14 day quarantine.
  - Twice-daily temperature check.
  - Monitor for COVID-19 symptoms (fever, cough, shortness of breath/difficulty breathing, sore throat, new loss of taste or smell, body aches, chills, nausea, vomiting, diarrhea, congestion, runny nose, itchy/red eyes.)
  - If testing is done, it must be done at least 4-days after exposure date.

- Can work wearing a surgical mask (if allowed by employer) or N95 as appropriate.
- If ANY symptoms, exclude from work and refer for testing (below).

Exposed - Symptomatic

- Exclude from work, instruct to isolate at home until test results evaluated (see below).
- Refer for testing.
  - If test result is negative/virus not detected and First Responder’s symptoms resolved before test results available, release from isolation but modified quarantine for 14 days from symptom onset. May return to work with a surgical mask as above (if allowed by employer) or N95 as appropriate.
  - If test result is negative/virus not detected but First Responder is still symptomatic:
    - And tested < 4 days from symptom onset, RETEST.
    - And tested ≥ 4 days from symptom onset. An individualized assessment of other potential diagnosis (e.g., flu) is required for whether repeat testing may be indicated.
  - If test result is positive/virus detected, follow “Positive COVID-19 Test” guidelines below.

Positive COVID-19 Test

Symptomatic First Responders with confirmed COVID-19:

To remain on home isolation until:
- At least 10 days have passed since the last positive test and
- At least 24 hours after last fever spike without the use of fever-reducing medication and improvement in symptoms (e.g., cough, shortness of breath; sore throat).
- Encourage not to re-test.

Note: Must be cleared by Public Health- clearance letter will be provided.

First Responders with confirmed COVID-19 who Never had any symptoms:

To remain on home isolation until:

- 10 days have passed since the date of their last positive COVID 19 diagnostic test assuming they have not subsequently developed symptoms.
- Encourage not to re-test.
- If they develop symptoms, then the protocol for symptomatic individuals should be followed. Must be cleared by Public Health- clearance letter will be provided.